

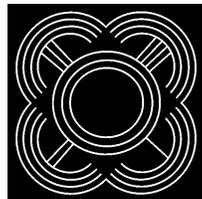
NARSF PROGRAMS LTD.

Transitions

Youth & Family Handbook



“Recognizing strengths, building capacity”



#1A – 170 Wallace Street | Nanaimo, BC V9R 5B1 | Intake: 250-714-8167

WELCOME!

You've taken a very important first step by deciding to take part in the Transitions program. Your decision took a lot of courage and shows that you are willing to start taking steps towards getting your life back in the direction you want. We have a committed team that will be there to help you develop and attain your personal goals while in a supportive Care Home.

This guide gives you some basic information about our program so you can have an idea of what Transitions is all about. If you have any questions not answered at your intake or in this guide, our team would be happy to answer them.

Transitions Program

Transitions has two programs - Withdrawal Management and Supportive Recovery. The programs are for youth who self-identify as wanting to explore their relationship with substance use and address challenges related to their use. The program uses a 'Care Home model' and has homes located in Nanaimo, Ladysmith and Parksville. And, like all NARSF Programs, is offered free of charge. While in the program you will reside with contracted Care Providers who are committed to providing youth with a safe, healthy, stable, and nurturing home environment for the duration of your stay. Your Care Providers will help you with transportation to your appointments, school, work etc. and will also assist you in strengthening your life skills and community connections.

Youth Withdrawal Management Program

The Withdrawal Management Program is a voluntary, non-medical detox for youth. While you are in the program you are provided with 24-hour support from a Care Provider as you go through your unique withdrawal process. While in the program you will reside with Care Providers who will provide you with a safe, stable and nurturing environment. The length of the program is 7-10 days, dependent upon your unique needs. During this time, you will be supervised by your Care Provider(s) and your contact with people will be limited to family and professional supports. After completing the Withdrawal Management Program you may have the option of going into the Supportive Recovery Program. All care homes are flex beds in that you would stay in the same home for both programs.

Youth Supportive Recovery Program

The Supportive Recovery Program is several months in length. The program is voluntary and offers support, structure and supervision using a care home model in order to help you make healthy lifestyle changes. We ask you to commit to taking a break from using substances while you're in the program and we offer support to help you engage in activities that explore and provide positive experiences in the areas of school, employment-readiness, recreation, life skills, positive relationships and community engagement. It is important to us that your time in the program is designed to meet your unique needs and interests, so you will be involved in all aspects of your program planning including setting goals, creating a weekly schedule, and assessing your progress. Counselling to explore your relationship with substances is an important aspect of the program and is provided through Discovery Youth & Family Substance Use Services. Families are also able to access service through the LIFT Program at NARSF Programs.

A Typical Week in Transitions

Throughout the week you can expect to participate in a variety of activities both recreational and goal-related. What your week looks like will be made up of a combination of your interests, personal goals, as well as participating in regular day-to-day aspects of the program. Regular aspects of the program include daily check-ins, cooking, physical activity, meeting with your Discovery counsellor, meeting with the Care Coordinator, spending supervised time in the community, volunteering, employment related goals and weekly chores. There will be many opportunities to engage in activities, and you are invited to share your ideas of what you would like to do.

In addition to Discovery Youth & Family Substance Use Services (DYFSUS) the Transitions Program links with the Living in Families with Teens (LIFT) Program, to provide family counselling and support for parents of youth in the program.

The People You Will Be Working With

Care Coordinator: You will be assigned a Care Coordinator who will work with you throughout your placement. Your Care Coordinator will be your go-to person for questions or concerns and will help you in the creation of a service plan, goals, and discharge planning. Your Care Coordinator will meet with you weekly for check ins and will also meet regularly with you for one-on-one meetings in order to support you with your goals and day plan.

Care Providers: Your Care Provider will provide you with a safe, healthy, stable, and nurturing home environment for the duration of your stay. Your caregivers will help you with transportation to your appointments, school, work etc. and will also assist you with further developing your life skills and community connections. Your Care Provider(s) will also support you with your goals and day plan.

Counsellor: The Transitions Program collaborates with Discovery Youth & Family Substance Use Services. You will be connected with a counsellor and you will meet regularly with them for support.

LIFT Counselor: LIFT is a program to for parents and guardians who would like assistance in supporting you while in the Transitions program. Parents and guardians are strongly encouraged to participate in LIFT while you attend the program, and are given priority in scheduling with a LIFT counsellor.

What to Bring With You

Suggested Items to Pack

- Personal items (i.e. photos, books, or other items that will make your stay more comfortable)
- Clothing (including bathing suit and work out clothes)
- Any medications prescribed by a doctor
- Identification (i.e. BCID, SIN #, Care Card)
- Resume (if employment is a goal of yours and you already have a resume)

What to Leave at Home

- Cell phones/devices with internet access
- Clothing/accessories that showcase drugs or inappropriate messages

Rules and Expectations

Intake

Your Care Coordinator and Care Providers will be at the intake meeting. There will be paperwork to complete during this meeting. We will talk about things such as protecting your confidentiality, your rights and responsibilities, program expectations etc. We will also explore your needs and preferences and support you in making some personal goals to make your time in the program meaningful. Your Care Coordinator will also conduct an inventory and thorough check of all the items that you bring into the home.

Care Home

When you arrive at your care home your Care Provider(s) will spend some time learning about your likes/dislikes, showing you your room and giving you a tour of the home. We will also review basic routines, rules and activities in the home (i.e. meal times, bed time routines, rules with phone use etc.). If you are unsure of or uncomfortable with any of the rules and expectations, we encourage you to speak with your Care Provider or Care Coordinator.

Technology

- Laptops, cellphones, iPods, tablets, gaming consoles etc. are not permitted. If you bring these items to the care home they will be locked up for the duration of your stay and returned to you when you leave the program.
- Any device that can access the internet is not permitted and will be locked up for the duration of your stay and returned to you upon leaving the program.
- You will have supervised access to the internet in the Supportive Recovery Program for school and work purposes. Internet access is supervised by your Care Provider(s). There is no internet access in the Withdrawal Management Program.

Smoking

- Cigarettes are not provided to youth – if you smoke you will need to bring your own provisions.
- You will agree to smoke outside in the designated area and hand in all cigarettes and lighters at quiet time.
- Staff can help you access smoking cessation products (with doctor's approval) should you choose to do so.

Money

- You will receive a weekly allowance of \$20.00 for participating in household chores.
- Your Care Provider will lock up your money and bank card for safe keeping and budgeting purposes and will make it available to you for requested purchases. You agree to track your purchases on a petty cash sheet and attach all receipts.

Approved Contacts/Safe Contacts

Your Care Coordinator will work with you to connect with “Safe Contacts” while in the Supportive Recovery Program – the timeline depends on how you are settling in to the program and is negotiated between you and your Care Team. Safe contacts will only be those friends that have demonstrated a commitment to supporting you to meet your goals while in the program.

- While in Withdrawal Management the only people you may contact via telephone or arranged scheduled visits are your family and/or professional supports. There will be no home visits during this phase of the program.
- When you first enter into the Supportive Recovery Program, phone calls will be limited to calls to/from your family/guardian and professional contacts. Once you have an approved Safe List, contacts may be removed if the relationship appears problematic.
- Phone calls will be limited – the length of calls and number of calls will be negotiated with your Care Coordinator
- Planned outings with approved contacts can take place while in the program, but must be planned and approved by your Care Team

Home Visits

A home visit is an opportunity to return to your home community and practice the new skills/strengths you've developed while in the program. It is also an opportunity to make meaningful connections with personal and professional supports.

- After you have settled into a routine in the Supportive Recovery Program, you can plan a home visit with your family/guardian. You will meet with your Care Coordinator to make a plan for the visit.
- Home visits are not allowed in the Withdrawal Management Program.

Visitors

Visits must be scheduled and arranged in consultation with your Care Coordinator. We ask that visits occur within the community and not at the Care Home.

- Regular, ongoing contact with family members is encouraged while you are in the program. Visits will be arranged in advance and planning for visits will involve your Care Team.
- We want your visits with family to be positive and successful. We are available to help plan visits, prepare you and your parents for visits and de-brief any issues that may arise. You are encouraged to go out into the community on your own to visit family, friends, school, work, appointments, or other programs. You will be expected to return to the care home by a prearranged time.
- Visits from friends who are listed on your Safe Contact list will be a matter that is discussed and negotiated between the Care Provider, the Care Coordinator and yourself.

Discharge Planning

Discharge planning is an important part of your program and will start at the beginning of your placement. The discharge plan will be the plan for where you will return after you complete the program.

At the start of your placement, your Care Coordinator will help you create a Voluntary Discharge Plan in case you decide to exit the program early. The Voluntary Discharge Plan will include a list of three people who will be willing to come and pick you up if you choose to discharge yourself.

Structured Free Time or an Outing with a Purpose

After you've been in the program for several weeks you can begin to explore opportunities for structured free time in the community. Having structured free time in the community provides you with the opportunity to practice the skills you've been developing in the program and gain independence. Some examples of structured free time may include: working out at the gym, attending a yoga class, going to a youth drop in centre, going for a bike ride, going to the movies, taking an art class etc.

Day Plan

After you've settled into the program your Care Coordinator will work with you to get into a "Day Plan" (i.e. attend school, find employment, volunteer etc.). The expectation is that you will be taking part in a structured activity outside of the home (Monday-Friday) for a minimum of 2-3 hours a day.

Medication

- Any medication taken in program must be prescribed by a doctor (this includes over the counter medication).
- Medication will be stored and locked up by your Care Provider. Care Providers do not dispense medications.
- If you are taking multiple medications they may be required to be bubble packed by a Pharmacist.

HOURS OF OPERATION / AFTER HOURS SUPPORT

Office hours: Monday – Friday 9:00 am to 5:00 pm.

After hours support: Care providers have access to 24 hour on call support during the week and on weekends.

FEEDBACK

We are continually trying to improve our services and you will be given the opportunity to provide feedback about your satisfaction with the service. Your participation is completely voluntary and your responses will be kept anonymous and confidential.

WHAT TO EXPECT

The Transitions Program team has developed these guidelines to ensure the safety, respect, and privacy, for all clients, care givers and program. The general expectation is that we all have a good attitude, are respectful, and behave appropriately.

YOUTH CAN EXPECT:

- To be treated with respect, fairness and as a unique individual
- To be provided a caring and compassionate environment where your progress is the primary concern
- That program staff will maintain confidentiality at all times except where safety of yourself, others, or where property is at risk or where staff are obliged by law to report – ask us more about this and we'll talk more about it.
- That program staff will work with you to develop an individualized care plan that is based on your needs, your goals and the capacity of the program to provide those service
- That program staff will uphold agency policies and procedures as they apply to your participation in the program
- That staff will communicate with each other (written & verbally) relevant information for delivering a safe & effective service
- To negotiate, discuss, or problem solve any conflicts, issues, concerns, or problems that you may experience while in the program.

WE EXPECT YOUTH TO:

- Attend all programming, sessions, groups, or other activities free from the influence of alcohol or other drugs (except where prescribed by physician)
- Participate in the program to the best of your ability
- Treat all people & property with respect
- Follow the rules & structure of the program
- Maintain confidentiality
- Keep the environment safe, clean, & healthy
- Participate in a youth led day plan (i.e. attend school, a vocational program, volunteering, or find gainful employment)

